

STRAUSS ACADAMIA

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**JACQUES
STRAUSS**

Written by:

Owner of Strauss
Acadamia

AUTISM EDGE SERIES

I am very excited to share this series with you. Autism Edge was born through the journey I have embarked gathering insight and knowledge along the way. I would love to share what I have learnt in the last 6 years with you.

Special homely changes for autism

In this article we are going to discuss what to avoid in your home, what to be cautious about and what how you can change the environment for your child.

As we all know, toxins are everywhere and is definitely difficult to avoid. We cannot avoid the type of air that we breathe or the particles from air pollution, but we can control what we allow in our home by removing certain products that we use on a daily basis. Removing toxins from your home can benefit everyone in the family. After the diet changes is the home alterations needed for further development to occur.

Home safety for children with autism is important, as they have different abilities and developmental needs. First we will discuss safety precautions in your home and then the removing of chemicals and products. The full list of chemical and products to avoid is available when registering for the Uncover Autism Series.

The following modifications or changes can be implemented for children with or without autism. This will assist in safety for all children. You can add safety electrical plugs to your home, certain doors or closets can be locked. Always keep in mind where your child is spending the most time.

That will be the area where you make sure that the following is in place; the toys are organized according to preference, everything in the room to be labelled so that language skill can be learnt, if there are stairs that a gate be installed, using non-breakable material for cutlery and stationary and have soft seating's or floor in the room. These are small things to consider when a child with autism lives in the house.

STRAUSS ACADAMIA-
UNCOVER AUTISM:
PHASE 1- DIET.
FOR MORE
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THIS SERIES, PLEASE
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The next part of creating a safe home is getting rid of toxins. We are going to name a few to consider. The first one is cooking. If possible, use cast iron to cook with. We need to keep in mind the type of iron as it will increase the levels of metals in their body which we don't want. Avoid copper or aluminum and non-scratching pans as it is toxic. Microwaves transform protein as well as drain the food from nutrients. When you are storing food always try to do so in glass containers.

Fluoride is the next substance. High levels of Fluoride will show as skin irritations or allergies. Fluoride also play is role in hindering HCl production in the stomach and hold back brain development. Products to avoid are drinking water, processed food, certain toothpastes, pesticides, tea, mechanically deboned meat and Teflon pans. The above need to be avoided in a household.

Chlorine bleach release toxins into the air. When breathed in it can lead to killing the good bacteria in the gut lining, it decrease the levels of unsaturated fatty acids such as omega 3 and 6, and where else can chlorine be found in a home? Swimming pools, tap water, automatic dish wash detergent, mildew removers and chlorinated disinfectant cleaners to name a few.

Avoid all artificial Perfumes, they contain xylene and toluene to name 2 of many. They place the liver under pressure when breathed in and go through the salvation process. Rather use essential oils like young living essential oils in place of perfumes and cologne.

Plastic influence the neurotransmitters and hormonal balance in the body. Phthalates are used in plastic to make it softer. This chemical goes into the food we eat or from the certain toys they play with. This phthalates are found in hairspray, nail polish and teethers to name a few. Please read article 10 for ideas on how to redesign the bedroom for autistic children. You can also read through Article 1 and 2 to understand a few physiological aspects of autism as well.

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